

Grande Prairie Regional College
Department of Physical Education, Athletics & Kinesiology

Course Outline
PF 2900
Fitness Assessment & Advanced Counseling

Instructor: Laura Hancharuk

Office: M102
Office hours posted on door.

Phone: 539-2440

Course Times: Mon/Wed

2:30-3:50pm

Location: Portable J

Course Description:

Students will gain both theoretical and practical knowledge in fitness assessment and counseling techniques. Upon completion, students will fulfill both the written and practical exams of FACA's Canadian Physical Activity, Fitness & Lifestyle Appraisal.

Pre/Co-requisites: PE 1000 Anatomy, PE 1020 Physiology; PE 1100 Fitness & Health;
PY 1040 Psychology;

Course Objectives:

1. To develop and implement advanced counseling skills in the area of fitness and lifestyle issues.
2. To provide students with opportunities to develop fitness assessment techniques used in the CPAFLA protocol.
3. To obtain CPAFLA certification by passing the written and practical national exams.

Lab Fee: This course is subject to a \$15.00 lab fee.

Required Text: The Canadian Physical Activity, Fitness & Lifestyle Appraisal Manual
Canadian Society for Exercise Physiology
3rd Edition. 1998

Attendance:

Attendance and active participation are fundamental requirements to this course. It is the policy of the Department of PEAK that a student missing more than 10% (3 days) for unexcused absences may not be allowed to write the final exam.

Transferability:

Currently not approved for transferability to U of A or U of C.

Evaluation:

1.	Blood Pressure Testing	10%
2.	Skinfold Skill Assessments	10%
3.	Midterm Examination	20%
4.	Counseling Skills	10%
5.	Final Examination	
	Written (exam week)	25%
	Practical	<u>25%</u>
	(in class Nov 27-Dec.4, time dependant)	
		100%